

Liverpool John Moores University

Title: Dance Techniques & the Physical Body 2
Status: Definitive
Code: **4264SSLN** (122610)
Version Start Date: 01-08-2021

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Bérnard Pierre-Louis	Y
Lisa Parsons	
Angie Walton	
Fran Leaver	
Pauline Brooks	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 60
Total Learning Hours: 200 **Private Study:** 140

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Placement	20
Practical	40

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS 1	Practical	100	

Aims

This module aims to provide the opportunity for students to further explore the principles of dance technique, and to present knowledge of their understanding of the physical body.

Learning Outcomes

After completing the module the student should be able to:

- 1 Illustrate the use of the physical self
- 2 Evaluate and interpret principles of correct posture and alignment
- 3 Define underlying principles of the chosen technique

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Practical	1	2	3
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Outline Syllabus

Safe studio practice

Practical phrases and sequences focusing on:

- managing and regulating the physical self*
- exploring key principles of movement*
- posture and alignment*
- mindfulness*
- Anatomical factors and considerations in relation to the body*

Learning Activities

Practical sessions
Seminars

Notes

This module aims to provide further opportunity for students to explore the underlying principles of dance in studio practice, and to apply a holistic understanding towards the safety elements required for the healthy dancer. This module builds upon skills and knowledge from Dance Techniques and the Physical Body 1. Practical assessments will be supported by continuous assessment which will include required attendance and independent study tasks as part of students' Self-Reflection Journal.